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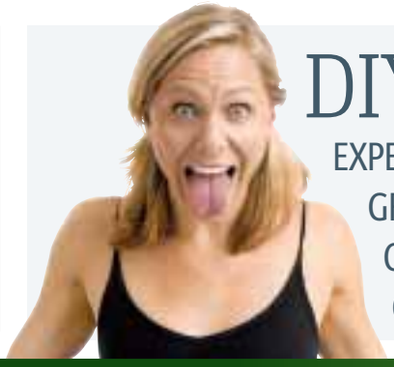

DIY FACELIFT

EXPERTS SAY FACIAL YOGA IS A GREAT WAY TO ADDRESS LOSS OF COLLAGEN — PLUS IT'S CHEAPER THAN BOTOX PAGE 10

REGIONA metro®

Tuesday, October 9, 2012

News worth sharing.

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Riders feast in the East

Fifth win in six games.
Despite 36-10 final over Argos, Chamblin says defence has a lot of room for improvement

Corey Chamblin is a hard man to please.

A smothering defensive performance anchored the Saskatchewan Roughriders' emphatic 36-10 road win over the Toronto Argonauts on Monday, but it still wasn't enough for the rookie head coach.

"I had a mandate that I wanted at least five sacks and they didn't reach it so I'm not very pleased with the defence," a straight-faced Chamblin said afterwards. "I'm not satisfied with the defence.

"The offence did a good job putting points up; the defence has a way to go. We have to capitalize on all the plays. The guys always say they want to be the No. 1 defence; they have a ways to go to be the No. 1 defence."

Saskatchewan certainly played like the CFL's top defence, holding a Toronto offence minus starter Ricky Ray (knee) and running back Chad Kackert (ribs) to just 13 first downs, 58 yards rushing and 213 net yards. And while the Riders only registered one sack, they never let Argos quarterback Jarious Jackson get in sync.

"We have high expectations here and if we set a goal and don't reach it that means we failed," said Riders linebacker Tyron Brackenridge, who had five tackles and a fumble recovery.

"We wanted to eliminate all the big plays and we did that. We eliminated (Jackson's) reads, created tight windows and got pressure up front."

Kory Sheets and Weston Dressler scored huge third-quarter touchdowns to cement Saskatchewan's third straight win. Sheets' season-high 48-yard TD run at 9:29 put Saskatchewan ahead 29-10 and brought "Let's Go Riders" chants from the Saskatchewan faithful within a Rogers Centre gathering of 25,176.

Sheets, who the Riders found in a free-agent camp this off-season, ran for 113 yards on 19 carries to boost his season total to 1,035 yards.

Darian Durant then added a 78-yard TD strike to Dressler at 11:25, the Saskatchewan slotback's league-leading 10th touchdown catch this season. After Dressler, who had five receptions for a game-high 97 yards, waltzed into the end zone, Saskatchewan fans erupted into another "Let's Go Riders" chant with their club comfortably ahead 36-10.

THE CANADIAN PRESS

Saskatchewan Roughrider Weston Dressler, centre, celebrates a touchdown against the Toronto Argonauts with Chris Best, right, and Greg Carr during second-half CFL action in Toronto on Monday. AARON VINCENT ELKAIM/THE CANADIAN PRESS

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Accident

Man dies in truck rollover

A man is dead after rolling a pickup truck this weekend, west of Neudorf, Sask.

The driver was headed east on Highway 22 when he lost control of the vehicle at approximately 7:40 p.m. on Saturday. The vehicle rolled several times down the centre of the highway.

The sole male occupant of the vehicle was ejected from the truck and died at the scene. Road conditions were considered good at the time and not a factor in the accident.

Melville RCMP, an accident-reconstruction specialist, the Neudorf Fire Department and EMS all responded to the accident. METRO

Gov. Gen. David Johnston
CONTRIBUTED

Provincial trip

Governor General kicks off Sask. visit

The Queen's Canadian representative arrives in Saskatchewan on Tuesday to celebrate the 100th anniversary of the Saskatchewan Legislative Building.

Gov. Gen. David Johnston and his wife Sharon Johnston will begin their provincial visit in Prince Albert by meeting with local government and First Nations leaders.

The two will continue north for a tour of local communities and an uranium production facility.

The final leg of their trip, which concludes Thursday, includes a fireworks display at the Legislative Building in Regina. METRO

Wet spring and warm, dry summer yields strong harvest

Agriculture. More than 97 per cent of Sask. crops in the bin

With most of Saskatchewan's 2012 crop off the field and in the bin, producers like Ron Alix are already thinking ahead to 2013.

"We're looking to the first of the year to plan what will be happening and going into the ground next year," says the Coderre-area producer.

According to Saskatchewan Agriculture's Weekly Crop Report, over 97 per cent of the year's crop has been taken off.

Alix said a dry season and warm harvest weather helped his 2012 harvest, which includes fall rye, barley, and khorasan wheat.

Scott Hartley, provincial insect specialist, said early summer temperatures combined with a warm winter and wet spring not only contributed to rapid crop growth, but also made for prime pest conditions.

He said notable 2012 pests include cutworms, diamondback moths, flea beetles and the pea-leaf weevil.

Last year Saskatchewan was Canada's top exporter of agri-food products, reaching $10.2 billion worth of exports. Recently, Saskatchewan Agriculture Minister Lyle Stewart proclaimed October as Agriculture month. ROB BROWN/METRO

Combines

Province's farmers harvest new world record

More than 1,000 watched Saturday afternoon as Saskatchewan farmers harvested two quarters of Saskatchewan oats, setting a world record for the most combines working the same field just north of Saskatoon.

A total of 249 combines took approximately seven minutes to harvest the two quarter sections.

The event, in the planning for about two years, was organized by harvestforkids.com.

Proceeds from the event are going to Children's Camps International, a group sending kids from developing nations each year to camp.

The previous record involved 208 combines, set earlier this year in Ireland.

Late nights and early mornings will soon come to an end for Saskatchewan's farmers as the 2012 harvest season nears an end. SEAN GALLUP/GETTY IMAGES FILE

Getting lost has never been so much fun

Sophia and Oliver Neudorf bury older sister Louisa in a sea of peas on Thanksgiving Monday at a corn maze just east of Regina. ROB BROWN/METRO

Young and old alike got the chance Thanksgiving Monday to get lost in a maze of corn and a sea of peas at the Maize, just minutes east of Regina.

"We had a good weekend overall," said maze employee Pablo Perez, who is also known as the corn cop.

"However, we're in the middle of open prairie in October — it all comes down to the weather. This is that time of year people are just starting to get used to it not being summer anymore."

The 10-acre maze's design, an intricate image of a tractor on a farm, gets many comments from visitors.

"There are corn mazes throughout Western Canada, (and) we like checking them out when we can. The design here is pretty crazy and intricate," said parent Wade Kilbride.

Perez said the corn is usually cut to specifications after design decisions are made.

"A company from the United States comes up to cut the corn July each year," said Perez.

Since August more than 1,000 people have tread through the 10-acre maze.

Perez said people will have another few weeks to enjoy the maze this year, as the crew now looks to gear up for Halloween.

ROB BROWN/METRO

Online

For more local news go to metronews.ca.

Environment Canada

Officials blamed for doing their job

Prime Minister Stephen Harper sharply rebuked Environment Canada bureaucrats last year for overstepping their authority. But a 600-page internal file obtained by The Canadian Press shows the officials had in fact received a green light from senior levels at Environment Canada.

THE CANADIAN PRESS

Traffic accident

Speed trap turns deadly for officer

A Quebec provincial police officer has died from injuries suffered during a speed-trap operation north of Montreal. Donovan Lagrange, 33, was struck on the side of a highway Saturday afternoon while walking back to his own vehicle after pulling over a car near Bois-des-Filion.

THE CANADIAN PRESS

Benefits plan

Aboriginal health claims under fire

Several pharmacies have come under scrutiny from the company that handles claims made to the aboriginal health-benefits plan, documents show. Express Scripts Canada raised questions about claims with mismatched paperwork, unauthorized prescriptions and high dispensing fees.

THE CANADIAN PRESS

Francophonie Summit

Harper to meet Quebec premier

Prime Minister Stephen Harper will come face-to-face this week with Pauline Marois for the first time since she was elected premier of Quebec. The two leaders will both be travelling to the Democratic Republic of the Congo for the Francophonie Summit.

THE CANADIAN PRESS

Beef recall

CFIA to assess Alberta plant

The Canadian Food Inspection Agency (CFIA)says it will be conducting a detailed assessment of the Alberta processing plant at the heart of a massive tainted-beef recall. The CFIA says the assessment will determine if XL Foods Inc. has fixed the problems uncovered by the agency. THE CANADIAN PRESS

Suspected theft

Tall ship takes surprise voyage

Police are looking for suspects after a tall ship took an unexpected voyage in the Halifax harbour. Police say they received a call from the owner of the tall ship Silva early Monday, who alleged the vessel was intentionally set free from its mooring. The Silva has since been retrieved. THE CANADIAN PRESS

Being clingy is a good thing during wife-carrying contest

The crowd reacts to Chad Mars' slippery footing as he enters the water hazard carrying Caitlin Haynes on Saturday at the 2012 North American Wife Carrying Championship in Newry, Maine. Mars ended up falling but was able to regain his composure quickly, and the two finished with a time of 1:20.99, putting them in 22nd place. The event features men carrying women on their backs while negotiating an obstacle course featuring hurdles, sand traps and a water hazard. The event is inspired by Finnish folklore, and the carrying method is up to the couple. AMBER WATERMAN/THE ASSOCIATED PRESS

Delays likely in suspect's extradition

Triple-homicide charges. Quebec man on the run captured in Florida after police chase

Justin Bresaw CONTRIBUTED

A man who was captured in Florida and is facing charges for a triple homicide in Quebec may not be brought back to Canada any time soon.

Quebec provincial police filed a request to have Justin Bresaw extradited but it's not clear when he will be returned to Canada.

"Right now, Mr. Bresaw is detained in Florida and he's facing charges (down) there," police spokesman Marc Tessier said Monday.

"After the due process is done in the United States, he will be brought back here to face charges of a triple murder here in Canada."

The 35-year-old Bresaw was the subject of a Canada-wide arrest warrant and an alert by Interpol after a house fire last month in Amos, a town in northern Quebec.

He is facing first-degree murder charges in relation to the two men and a woman found dead in the home.

After eluding police for more than two weeks, Bresaw was spotted in Tallahassee, Fla., on Sunday, charging a laptop in an electrical outlet behind a church.

David Northway, a spokesman for Tallahassee police, said Bresaw initially gave police a false name and managed to flee the scene after giving his real name.

An officer who tried to arrest Bresaw was left with a gash on his face and a broken nose after he fell into a metal support beam during a tussle, Northway said.

He said Bresaw was eventually tracked down three hours later, hiding underneath a house. Police dogs and a helicopter were used to find him.

Bresaw is facing charges in Florida that include resisting an officer with violence and battery on an officer.

THE CANADIAN PRESS

Marineland. Protesters seek end to alleged abuse

Dozens of protesters rushed the gates of Marineland in Niagara Falls, Ont., on Sunday demanding an end to what they called the abuse of whales, dolphins and other animals at the amusement park, but the situation was quickly brought under control, police and organizers said.

"No one was really expecting what happened today, but it happened and I feel the anger that people feel," said Dylan Powell of Marineland Animal Defence, one of the groups behind the protest.

The protesters say they want to end animal captivity and their goal is to close down the theme park.

A crowd that Niagara Region Police estimated at about 800 gathered outside the park property and a group of about 150 rushed the front gates near the show area.

"People did enter into the park. It wasn't part of the demonstration schedule, obviously," said Powell.

Protesters and police confirmed that those who entered the park managed to shut down a dolphin show.

There were no arrests, though Powell said one trespass ticket was issued.

The theme park was the subject of allegations from former employees and Zoocheck Canada who claimed animals at the tourist attraction aren't properly cared for and their health is at risk.

THE CANADIAN PRESS

One dead. Plane crashes into lake west of Ottawa

Ontario Provincial Police say a person is dead after a small plane crashed into a lake near Calabogie, about two hours west of Ottawa.

The single-engine Socata TBM 700 plane reportedly went down just before 12:30 p.m. ET Monday.

The identity of the person killed has not been released.

THE CANADIAN PRESS

Penn State scandal. Jerry Sandusky set to stress his innocence at sentencing

Jerry Sandusky's lawyer said Monday "it's as certain as certain can be" that the former Penn State assistant football coach will address the judge and assert his innocence before he is sentenced on 45 counts of child sexual abuse.

Nobody else is expected to speak on Sandusky's behalf during the sentencing hearing Tuesday in Bellefonte, Pa., defence lawyer Joe Amendola said.

"What I anticipate he'll say is that he's innocent," Amendola said outside the courthouse.

The lawyer said others, including Sandusky's wife, have submitted letters on his behalf and that Dottie Sandusky stands by her husband and will attend the sentencing.

"He's going to fight for a new trial," Amendola said. He said "the important thing" about sentencing for the defence "is it starts the appellate process."

A privacy tunnel is erected Monday at the Centre County Courthouse in Bellefonte, Pa. THE ASSOCIATED PRESS

Sentencing is expected to begin with a hearing to determine if Sandusky qualifies as a sexually violent predator under Pennsylvania law, after which Sandusky will be sentenced.

THE ASSOCIATED PRESS

Tate Modern. Man arrested after declaring he defaced Rothko mural

British police on Monday arrested the man who told journalists he was responsible for scrawling graffiti on a mural by modern American master Mark Rothko at London's Tate Modern museum.

Scotland Yard launched its investigation after the mural, one of Rothko's Seagram series, was defaced Sunday with what appears to be the words "Vladimir" and "a potential piece of Yellowism."

Vladimir Umanets, who identifies himself as the co-founder of an artistic movement he calls "Yellowism," told journalists he was behind the graffiti. According to an online manifesto, Yellowism is an artistic movement run by Umanets and another person.

Earlier Monday, Umanets told Britain's Press Association news agency that he wanted to draw people's attention to his movement, which he described as "an element of contemporary visual culture."

"The ... difference between Yellowism and art is that in art you have got freedom of interpretation. In Yellowism you don't have freedom of interpretation, everything is about Yellowism," he said.

THE ASSOCIATED PRESS

Quote

"I didn't destroy this picture, I put something new."

Vladimir Umanets

Russia

Don't drink kefir and drive?

Russia's top health official said Monday that drinking and driving don't mix — even when the drink in question is kefir, a fermented milk beverage containing less than one per cent alcohol.

The comments by Gennady Onishchenko, Russia's chief sanitary inspector, sparked an outburst of criticism and ridicule on Twitter. Dozens of users circulated a picture of a glass of kefir with the caption, "Kefir? NO! I'm driving!"

Officials have been scrambling to condemn drunk driving since an intoxicated driver in September killed seven people, including five orphans, after crashing into a bus stop in Moscow.

Some lawmakers have proposed life sentences for drivers who cause death while under the influence. One has said drunk driving is a bigger threat than terrorism.

Getting drunk off kefir is practically impossible.

The comments mark an about-face for Onishchenko, previously a staunch supporter of kefir.

THE ASSOCIATED PRESS

Austrian skydiver Felix Baumgartner prepares for an attempt at a record free fall. THE ASSOCIATED PRESS

Skydiver to try record free fall

Extreme sport. 'Fearless Felix' to attempt highest, fastest jump in history

Austrian skydiver and extreme athlete Felix Baumgartner hopes to take the leap of his life on Tuesday, attempting the highest, fastest free fall in history.

If he survives, the man dubbed "Fearless Felix" could be the first skydiver to break the sound barrier. If he doesn't, a tragic fall could be live-streamed on the Internet for the world to see.

The 43-year-old former military parachutist is scheduled to jump from a balloon-hoisted capsule 37 kilometres above Roswell, New Mexico, on Tuesday morning. He wants to break the record set in 1960 by Joe Kittinger, who jumped from an open gondola at an altitude of 31 kilometres. Kittinger's speed of 988 kph was just shy of breaking the sound barrier at that height.

Baumgartner, who has been preparing for the jump for five years, has made two practice runs from the Roswell area, from 24 kilometres high in March and 28.97 kilometres in July.

And while he and his team of experts recognize the worst-case scenarios — including "boiling" blood and exploding lungs — they have confidence in their built-in solutions. Those solutions are something NASA is watching closely. The space agency is interested in the potential for escape systems on future rocket ships.

The No. 1 fear is a breach of Baumgartner's suit, which could cause potentially lethal bubbles to form in his bodily fluids, a condition known as boiling blood.

There are also risks he could spin out of control, causing other problems.

THE ASSOCIATED PRESS

Retirement

After Tuesday's jump, Baumgartner plans to retire.

- Baumgartner, who has made more than 2,500 jumps from planes, helicopters, landmarks and skyscrapers over the past 25 years, promises this jump will be his last.
- He says he plans to settle down with his girlfriend and fly helicopters on mountain rescue and firefighting missions in the U.S. and Austria.

Mistaken identity leads to tragedy

Mourners at the funeral for U.S. Border Patrol agent Nicholas Ivie on Monday. BENJIE SANDERS/ARIZONA DAILY STAR/THE ASSOCIATED PRESS

The U.S. Border Patrol agent killed in a shooting in southern Arizona apparently opened fire on two fellow agents thinking they were armed smugglers and was killed when they returned fire, the head of the Border Patrol agents' union said.

The two sets of agents approached an area where a sensor had been activated from different directions early Tuesday and encountered each other in an area of heavy brush, National Border Patrol Council president George McCubbin said on Sunday.

Agent Nicholas Ivie apparently opened fire first and wounded one of the other agents but was killed in the return fire.

"I don't know what it was he saw or heard that triggered this whole event," McCubbin said. "Unfortunately it resulted in his death and another agent injured."

The shooting occurred in a rugged hilly area near the border close to Bisbee, Arizona, an area known for illegal trafficking.

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Auto industry. GM to hire up to 1,500 at tech centre

General Motors plans to hire up to 1,500 workers to staff a new computer technology centre outside Detroit.

It is part of a move to bring 90 per cent of information technology in-house, which GM believes will make the company more nimble and efficient. The carmaker plans to hire 10,000 people at four new technology centres in the next three to five years.

The centres will help get breakthrough ideas into the company's cars and trucks, GM says. Last month the company announced it would hire 500 people for a centre in Austin, Texas. The remaining two sites haven't been announced.

The hiring reverses a trend toward outsourcing computer jobs at GM. But spokeswoman Julie Huston-Rough said most carmakers strike a balance between doing computer work in the company and hiring outside firms.

The company is recruiting on college campuses and local information technology job fairs. It's looking for people to fill jobs in software development, database management, project management and business analysis.

New Chief Information Officer Randy Mott wants more people in the company working on development and innovation, and integrating the tasks into GM's day-to-day business, Huston-Rough said. THE ASSOCIATED PRESS

This file photo shows a sign outside General Motors' car-assembly plant in Oshawa, Ont. GM will hire up to 1,500 workers at a technology centre outside Detroit. THE CANADIAN PRESS FILE

EU. Official more confident amid launch of new fund

The European Union's financial affairs chief is "less pessimistic" about the future of the euro than he was earlier this year — but warned that the region still has a long way to go before the crisis over too much debt is solved.

Olli Rehn, the EU's financial and monetary affairs commissioner, said the organization's ability to react to the financial crisis in the 17 countries that use the euro has much improved compared with two years ago when the crisis began.

He also welcomed the official launch Monday of Europe's new $647.9-billion US permanent bailout fund, the European Stability Mechanism. THE ASSOCIATED PRESS

By the numbers

$647.9B

The new permanent bailout fund will eventually have $647.9 billion US at its disposal, which will be used to buy up the bonds of countries whose borrowing costs are becoming unmanageable. It will also lend money if needed.

Chinese tech giants

U.S. panel warns of espionage risks

American companies should avoid doing business with China's two leading technology firms because they pose a national security threat to the U.S., the House Intelligence Committee warned in a report Monday.

The panel says U.S. regulators should block mergers and acquisitions in America by Huawei Technologies Ltd. and ZTE Corp., among the world's top suppliers of telecommunications gear and mobile phones.

"China has the means, opportunity, and motive to use telecommunications companies for malicious purposes," says the committee's report. THE ASSOCIATED PRESS

Original programming

YouTube launches European channels

YouTube is extending its original programming initiative into Europe, with at least 60 new video channels from media companies including Britain's BBC, London-based Freemantle-Media and the Netherlands' Endemol.

The Google Inc.-owned video site said Monday the new channels, with content from Britain, Germany, France and the U.S., will be in addition to the 100 channels launched in the U.S. last year. Like the American offerings, the European channels will have a mix of celebrity-oriented, niche and established programs. THE ASSOCIATED PRESS

Pop machines to display calories

Waist watch. Move by soft-drink firms comes ahead of U.S. regulation

As criticism over sugary sodas intensifies, Coke, Pepsi and Dr Pepper are rolling out new vending machines in the U.S. that will put calorie counts at consumers' fingertips.

The calorie counts will be on the buttons of the machines, which will also feature small decals reminding the thirsty that they can choose a low-calorie drink. The move comes ahead of a new regulation that would require restaurant chains and vending machines to post calorie information as early as next year.

Quoted

"Currently, people don't think about calories when they go up to a vending machine. Having the calories right on the button will help them make choices."

Mike Jacobson, executive director of the Center for Science in the Public Interest

"They're seeing the writing on the wall and want to say that it's corporate responsibility," said Mike Jacobson, executive director of the Center for Science in the Public Interest, which advocates for food safety and nutrition.

The U.S. Food and Drug Administration has proposed a less-stringent amendment that would allow vending operators to post the information on a poster on the side of the machine, Jacobson said. But he said the announcement Monday shows posting calories right on machines is perfectly feasible.

The vending machines will launch in Chicago and San Antonio, Texas, municipal buildings in 2013 before appearing nationally. THE ASSOCIATED PRESS

Supply chain to space

Is this the future of commercial cargo? SpaceX's supply ship, shown here at Cape Canaveral Air Force Station in Florida, took off Sunday night for the International Space Station on its first official trip under a $1.6-billion US contract with NASA. SpaceX, or Space Exploration Technologies Corp., will make a dozen resupply flights to the space station, an essential service in the post-shuttle era. The unmanned ship consists of a Falcon 9 rocket with a Dragon capsule on top, and should reach the station by Wednesday. NASA/THE ASSOCIATED PRESS

Northern Gateway

Enbridge targets foreign charities in pipeline battle

Organizations founded by an American oil baron and a Silicon Valley philanthropist are among foreign charities targeted by Enbridge in its battle against critics of the proposed Northern Gateway pipeline.

Tens of millions of dollars have been donated to conservation groups and initiatives in B.C., for everything from Earth Day celebrations to aboriginal salmon recovery programs.

It's a point of contention for the pipeline proponent, which has asked the environmental review panel examining the Northern Gateway project to compel funding information from its critics. The panel returns to B.C. this week for final hearings on the project. THE CANADIAN PRESS

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WHEN LIFE GIVES YOU GENETICALLY MODIFIED LEMONS ...

SHE SAYS ...
Jessica Napier
metronews.ca

The glass is half full … no, really.

Every once in a while, my boyfriend — who tends to walk the line between "concerned partner" and "obsessive hypochondriac"— will forward me an email containing the latest research on all of the foods that are probably going to kill me.

Most of these articles contradict one another — touting the health benefits of a certain food one month and then warning about its poisonous potential the next.

"Egg yolks are good for you."

"No, wait! Stay away from egg yolks!"

"Just kidding, eat egg yolks all the time!"

These research studies are the medical equivalent of riled up cable-news anchors who just can't stop shouting at one another. And yet, despite all the bad press out there — in food news and beyond — our brains are actually hard-wired to expect the best outcomes in life.

Ignorance is bliss?

"Some people might justify risky behaviour — ignoring those warning labels on cigarette packages or practising unprotected sex — based on the assumption that bad things only really happen to other people."

In her book The Optimism Bias, neuroscientist Tali Sharot argues that 80 per cent of us overestimate the likelihood of good things happening to us in our daily lives. Believe it or not, the majority of us have optimism as our (somewhat delusional) default setting.

Our instinct is to try to make lemonade out of lemons. Unfortunately, the media are constantly telling us that those metaphorical lemons are actually the latest and scariest carcinogen-infested items at the grocery store.

Sharot explains that if we expect the future to be bright, stress and anxiety are reduced and our overall health improves. Which is great, in theory, but what about when we take our propensity for positive thinking too far?

The optimism bias can transform into a state of blissful ignorance and bring about a false sense of security. Some people might justify risky behaviour — ignoring those warning labels on cigarette packages or practising unprotected sex — based on the assumption that bad things only really happen to other people.

So is it possible to nurture our inclination towards glass-half-full thinking while avoiding the dangers presented by unrealistic optimism?

Properly educating ourselves on healthy living is just part of the solution; we also have to do our best to block out the fear-mongering propaganda. I don't want to pretend that genetically modified fruit and antibiotic-riddled meat products don't exist, but I also don't want to be consumed with end-of-the-world panic every time I go to put something in my mouth.

In the end, we're far more likely to be hit by a car than poisoned by the items in our refrigerator and yet, if we truly thought about that risk every day, most of us would probably never leave the house.

If it doesn't kill you, it will only make you ... more toxic? GETTY IMAGES FILE

Is something 'bugging' you?

KERRY MALONEY/THE ASSOCIATED PRESS PHOTOS

It's a bug's life

Trolling for insects is all the buzz

A Northern mole cricket is seen at Bayou Des Allemands in Louisiana.

Employees of the Audubon Butterfly Garden Insectarium in New Orleans collect bugs from the bayou to replenish the species in the insectarium's exhibits, while others are shipped to museums.

Much of the insect stock dies in a year or less, so the replenishment missions for local species are essential.

The trek to the bug-infested bayou area near New Orleans is one they make six to eight nights a year from May to October.

One type of insect they gather, the Whirligig beetles, don't breed in captivity, so it's a numbers game: If two-thirds of each group die, the larger group will still have enough survivors to replenish the display.

"We're just rolling the dice and hoping we have that really neat animal for as long as we can," Zack Lemann, of the insectarium, said.

The entomologists also troll fresh cowpats for the insectarium's dung beetles and the Audubon Species Survival Center on New Orleans' west bank to turn over rotting wood for glossy, black patent-leather beetles.

THE ASSOCIATED PRESS

Fear Factor-esque

"They taste like soft-shelled crab."

Zack Lemann, animal and visitor-programs manager of the Audubon Butterfly Garden Insectarium, on the dragonflies he freezes and cooks.

On a wing

900,000

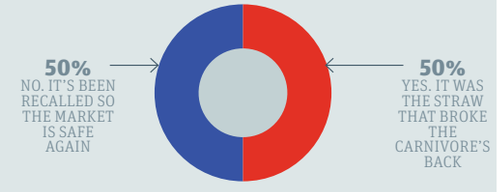
Only a fraction of the 900,000 species can be put on display at the insectarium. Many are too tiny or simply too dull — the museum needs animals that are big, brightly coloured or do interesting things.

Zack Lemann holds a dragonfly in his mouth while collecting them for exhibits in Louisiana.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Has the latest recall scared you away from eating beef?



Twitter

@J_Bashutski: Gross #freezing rain in #yqr on #thanksgiving...not thankful for that @weathernetwork

@mrdmielke: Let's turn it up boys! #riders

@TheMikeSweeney: I still miss Eddie Johnson and his mustache. #RandomTweet #Blastfromthepast #Riders

@Feztickle75: Work the word "robust" into daily conversation and everyone will think you got gravitas #skpoli

@Rylee_Ann: I still don't get this 4 point grade scale. mom, can I move to a province where my grades make sense? #skpoli #skedu

@V4L1D_G3STUR3: Bob Dylan concert is awesome. He's giving us an encore song!!

metro

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Now pay attention, 007!

Bond quiz. How much do you know about the world's most famous secret agent?

ANTHONY JOHNSTON
Metro World News

Fifty years of 007 have given us loads of movie trivia ammo. Test your knowledge and find out if you're licensed to kill or Dr. Oh No.

1. Ursula Andress starred as the first Bond girl in Dr. No (1962). What was unusual about her role?
(A) She had to sleep with Bond actor Sean Connery to get the part.
(B) Her character's voice was provided by someone else, due to her heavy foreign accent.
(C) She wore a blonde wig.
(D) She had plastic surgery on her lips.

2. Which Bond movie sees 007 wear a Scottish kilt, meet some brainwashed beauties and get married?
(A) Dr. No (1962)
(B) Goldfinger (1964)
(C) Thunderball (1965)
(D) On Her Majesty's Secret Service (1969)

3. Which was the first Bond film to feature the famous car Aston Martin DB5?
(A) From Russia with Love (1963)
(B) Goldfinger (1964)
(C) Thunderball (1965)
(D) Diamonds Are Forever (1971)

4. George Lazenby is the only James Bond actor not from Great Britain or Ireland. Where is he from?
(A) Australia
(B) Hungary
(C) Canada
(D) New Zealand

What drink does Bond order in the poker scene in Casino Royale? HANDOUT

Ursula Andress was the first Bond girl in Dr. No. HANDOUT

5. In Live and Let Die (1973), how does Bond kill drug-trafficking bad guy Kananga (a.k.a. Mr. Big)?
(A) Poisons him with a dart gun
(B) Throws him in the Louisiana bayou, then eaten by crocodiles
(C) Forces a shark gun pellet into Kananga's mouth, causing him to blow up like a balloon and explode
(D) Falls in a coffin filled with snakes and dies from venomous snakebites

6. In For Your Eyes Only (1981), Bond's arch-nemesis Ernst Stavro Blofeld finally meets his demise. How is he killed?
(A) Falls off a cliff edge after trying to save his cat
(B) Shot in the back by Jaws
(C) Frozen to death in an ice chamber in Iceland
(D) Bond drops him into a factory chimney from a helicopter

7. In The Living Daylights (1987), what does Bond toboggan down the snowy hill?
(A) Cello Case
(B) Crate of Bollinger
(C) Wooden sledge
(D) Speed boat

Scorecard

Answers: 1. (b) 2. (d) 3. (b) 4. (a) 5. (c) 6. (d) 7. (a) 8. (d) 9. (b) 10. (c)

- **1-3 correct.** Agent Zero
- **4-7 correct.** Double O-kay
- **8-10 correct.** Licence to Thrill

Visit metronews.ca for more James Bond coverage, including a look at the newest film, Skyfall. Tomorrow, Metro looks at the Top 12 Bond Girls and more celebrities reveal their favourite 007 actor.

8. In Die Another Day (2002), which celebrity cameos as a fencing instructor?
(A) Tina Turner
(B) Britney Spears
(C) J.K. Rowling
(D) Madonna

9. What drink does Bond order in the poker scene in Casino Royale (2006)?
(A) Vodka Martini, shaken not stirred
(B) The Vesper: Three measures of Gordon's gin; one of vodka; half a measure of Kina Lillet vermouth. Shake it over ice, add a slice of lemon peel.
(C) Death in the Afternoon: 3 tablespoons of absinthe, 1/2 cup of Champagne
(D) Rum and coke

10. Oscar-winning actor Javier Bardem plays the bad guy in upcoming movie Skyfall (2012). What's the character's name?
(A) Lex Luthor
(B) Shredder
(C) Raoul Silva
(D) Keyser Söze

Do you have the heart of Bond?

Quiz. So maybe you don't drive an Aston Martin, but you still might be Bond-like

KIERON MONKS
Metro World News

Our quiz will reveal how you measure up, but be warned: you could also be a lab technician.

You're stepping out to a VIP party — what are you wearing?
A) A smart outfit but not overdoing it — your face will do the rest
B) It's what I'm NOT wearing that matters
C) A cardigan to hide in
D) A graphite suit

You've woken up from the most wonderful dream. What was it about?
A) Dropping witty one-liners in high society
B) Being surprised with lobster for breakfast
C) Finding the Higgs Boson particle
D) WORLD DOMINATION

Damn — you missed your train. How do you react?
A) Run after it and nimbly scuttle aboard
B) Think 'what a tragedy for the passengers'
C) Wish time travel was real
D) Shout vile abuse at the driver

Your friend suffers a sprained ankle, what's your treatment?
A) What friend?
B) Prod them with a long stick, to check if they are alive
C) Put your field medic training to good use — you always keep a first aid kit handy
D) Laugh

Your house is burning down — what one item do you save?
A) Weapon
B) Mirror
C) Briefcase
D) Cat

Who is your hero?
A) Winston Churchill
B) Kim Kardashian
C) Isaac Newton
D) Captain Hook

What scares you most?
A) Honesty
B) Poverty
C) A mutant bacterial strain
D) World peace

What are you doing for your birthday?
A) Disappearing
B) P-A-R-T-Y
C) Feeling uncomfortable around your loved ones
D) Being obnoxious because you've earned it

What is your deadly sin?
A) Lust
B) Pride
C) Envy
D) Wrath

What are relationships for?
A) Ego
B) Money
C) Self-esteem
D) Ruthlessly exposing weakness

Tally

- **Mostly As.** Congrats! You are Bond, you charming sociopath!
- **Mostly Bs.** Do your collars and cuffs match? You are a Bond girl.
- **Mostly Cs.** You are Q and will always prefer devices to people.
- **Mostly Ds.** Say hi to your friend, Mr. Kidd. You are a villain and not to be trusted.

David Cross

Her? Arrested Development star weds actress

David Cross married actress Amber Tamblyn over the weekend, his rep confirms to Us Weekly. The news was broken by director Lance Bangs, who posted a photo to Instagram of the couple dancing at their reception, with the caption reading, "Yo La Tengo playing Superchunk, Mission of Burma and Pixies covers at David and Amber's wedding." The pair became engaged in August 2011.

Olivia Wilde

SNL star ducking work to spend time with Wilde

Things are reportedly getting pretty serious for Olivia Wilde and Saturday Night Live star Jason Sudeikis, her boyfriend of nine months.

"They are living together now," a source tells Us Weekly. "Totally inseparable!" Sudeikis has even been ducking out of work to spend time with Wilde, as he did one night last month.

"Everyone on the show staff was writing late," a source says. "But Jason managed to sneak over to Radio City Music Hall to see Bon Iver with Olivia." As for the next big step, marriage is apparently not in the immediate future for either Wilde or Sudeikis, who both ended marriages within the last two years.

"They've both been married, so they've already experienced that and know what it entails," the source says. "It's something for down the road."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

DeVito and Perlman: Goodbye to a long marriage of two short people

THE WORD
Dorothy Robinson
scene@metronews.ca

Besides recounting the latest idiotic exploit of Lindsay Lohan, I sometimes feel like celebrities either separating or divorcing is the only thing I write about it in The Word.

But none of the breakups I've featured on these pages have been as sad as what I'm about to tell you: After more than 30 years of marriage, Danny DeVito and Rhea Perlman are separating.

Yesterday, Entertainment Tonight broke the news that the similarly statured couple (he's 5'0" and she's 5'1") had split. And then the unthinkable happened: Danny Devito's rep confirmed their separation to Us Weekly. The two married in 1982 and have three children together.

But, fear not! After some intense "investigative reporting" by yours truly (and by investigative reporting, I mean I stumbled upon some random GeoCities webpage listing the heights of famous people), there are other actors Perlman and DeVito can date in order to retain the adorable-factor of tiny actors in love. My suggestions:

For Rhea:
Rick Moranis 5-foot-1
David Faustino 5-foot-3
Dudley Moore (RIP) 5-foot-3
Jason Alexander 5-foot-5

For Danny:
The Olson Twins 5-foot-1
Sissy Spacek 5-foot-2
Patricia Arquette 5-foot-1
Kristen Bell 5-foot-1

Katy Perry

Perry fed up with John Mayer's wandering eye

This is getting tough to keep up with.

Katy Perry has reportedly called it quits with John Mayer once again after getting fed up with his inattentive ways and wandering eye, according to Radar Online.

"John just can't commit, and he kept luring Katy back with promises that he was going to change, but then he didn't," a source says. "Katy was pretty crazy about him, so she kept giving him another chance. John liked Katy, so he wanted to keep her in his life, but it just wasn't up to Katy's standards."

The pair gave romance a go in August, only to break up after two weeks and then get back together again in September.

"She needs the guy to be on board 100 per cent, and she was sick of John disappearing for five days at a time then booty calling her then straightening up and treating her well, only to go back to his old behaviour a few days later," the source says.

Twitter

@lindsaylohan
Girls Love Shoes!!!

@jimmykimmel
one thing about the sewer - it's jam-packed with super villains

@mindykaling
I accidentally sprayed myself in the face with hair spray but I gotta say, it's a pretty good makeup sealant

@SteveMartinToGo
Electric eye failed on airport urinal. Had to flush it myself. WHAT'S GOING ON WITH MY LIFE?

TRUST YOUR INTUITION
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Better options than Botox

Beauty An alarming amount of Botox-injected faces were seen front row during fall Fashion Weeks. But do you really want a frozen zombie face? We find out how facial yoga helps tone the face, naturally

ROMINA McGUINNESS
life@metronews.ca

As we age, collagen and elastin (the protein fibres responsible for maintaining the skin's elasticity and structure) production decreases. In a desperate attempt to ward off fine lines and wrinkles, people splurge on Botox jabs and miracle skin creams.

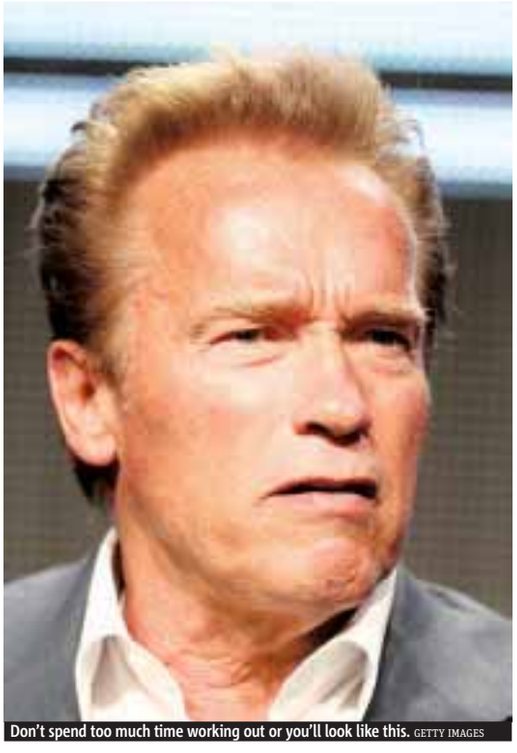
"Botox doesn't last forever and skin creams are topical," warns Annelise Hagen, facial yoga expert and author of Yoga Face. "Neither fix what's going on underneath the skin's surface, such as loss of muscle tone and lack of oxygen. Doing regular facial exercises increases circulation and blood flow to the face, which has been proven to prolong the production of collagen and elastin."

Still skeptical? Hagen gives us the lowdown on facial yoga.

1. It is better than Botox.

"Botox is a quick fix, the benefits are temporary. It's so obvious when you get it done that people will probably assume you have low self-esteem. Facial yoga addresses the cause of the problem, such as loss of muscle tone, whereas all Botox will do is mask the symptoms."

2. Facial muscles do their own thing.



Don't spend too much time working out or you'll look like this. GETTY IMAGES

"Facial muscles respond to exercise just like any other muscle, only they're involuntary. They do what they want, when they want. Anything you feel or think registers on your face. Facial yoga teaches you to become aware of what your face is doing, because after years of scowling, thinking or frowning, small lines will have formed."

3. It gives your face a workout.

"Some lines, such as forehead or pucker lines, form because of things your face is doing habitually, such as frowning or kissing. You can get rid of these by smoothing out and relaxing the face. Other lines, like the nasal labial fold that goes from the nose to the mouth, tend to be caused by tension and the dragging down of gravity. The only way to get rid of these is to strengthen the muscles in that area. Contracting the muscle alone won't work. What you need to do is apply fingertip pressure to the area so that the muscle is pushing against something. Don't drag or pull with your fingers. Simply offer a resistance point so that the muscle has something to work against."

4. The results are immediate.

"A Botox jab smoothens the face because it effectively paralyses the facial muscles. But relaxing your face does exactly the same thing. As you go through the poses, you're stimulating collagen and elastin production and increasing circulation to the facial area. This will make your face appear plumper and improve skin tone."

5. It helps relax and rejuvenate your face.

"A lot of people don't realize this but holding in tension anywhere from below the eye socket to the neck and collarbones will drag the face and its muscles down. Facial yoga releases the tension, eventually lifting the face."

6. You could even lose some wrinkles.

"There are some very big muscles in our face (the zygomatic, the masseter and the mentalis) but by working them out and training them, we can actually change the way our face looks. We can help a droop become a lift, or at least be in neutral."

7. It allows you to age gracefully.

"Everyone's looks will fade. But doing regular facial exercises can help you look your best at any age and even lose a few years. If you're impatient and want an expressionless face, go ahead and (try) turn back time with injections or surgery."

8. Overdo it and you'll look like Schwarzenegger.

"You don't want to be overly built in the face, unless you want the facial structure of Schwarzenegger. A sequence of eight moves for 10 minutes, two to three times a week is enough.

Kapalbhati

Kapalbhati skull shining breath

This detoxing yoga breath brings so much circulation to the face it will literally make you shine.

How to:

1. Sitting cross-legged on the floor, cup one hand lightly in the other and press them gently against your lower belly.
2. Quickly contract your lower belly, pushing a burst of air out of your lungs. Release the contraction of your hands so that the belly rebounds to suck air into your lungs.
3. Repeat 10 times at about one exhale-inhale cycle every second or two.

Do 25 to 30 cycles at first, eventually increasing this to 100.

From A to the K. Breaking down what each vitamin can do for you

LINDA CLARKE
Metro World News

It's easy to get overwhelmed just by standing in the vitamin aisle, so we asked Joan Salge Blake, a spokesperson for the Academy of Nutrition and Dietetics in the United States, to break down the letters for us.

Vitamin A

"This is needed for vision, cell differentiation and a healthy immune system," Salge Blake says. "You can get vitamin A from beta-carotene, which is found in carrots, cantaloupe and a lot of plants. Beta-carotene gives you a two-for-the-price-of-one effect, because it's a disease-fighting anti-oxidant, too."

Vitamin B

"There are multiple Bs and they're involved in metabolism and energy production. They also protect the nerves and prevent anemia," Salge Blake adds. "Pregnant women and women of childbearing age need adequate folic acid (to support spine and brain development). Older people produce less hydrochloric acid in their stomachs and can't process B-12 properly. Vegans need a B-12 supplement, because it's only found in meats."

Which do you need? ISTOCK PHOTOS

Vitamin C

"C is one of the most overused supplements," she says. "People think that because the body excretes excessive vitamin C in the urine that you can't overdo it. But too much of any vitamin can be problematic. With all vitamins, I say, 'Some is good, more is not necessarily better.'"

Vitamin D

"This is essential for bone health. We get it through sunshine, but baking in the sun causes skin cancer. ... People who spend a lot of time indoors or who don't drink milk might need a supplement."

Vitamin E

"We know it best as an antioxidant. It protects cell membranes. We get it from a lot of vegetable oils and nuts."

Vitamin K

"This is the blood-clotting vitamin," Salge Blake says. "It's found in green vegetables, and if you eat the recommended four and a half cups of fruit and vegetables a day it should fulfill your needs."

Trim down Asian fare with these Sweet 'n' Sour Meatballs

This recipe serves six. RYAN SZULC, ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

ROSE REISMAN
for more, visit
rosereisman.com

Create your own healthy Asian fare at home. By using ground chicken, you reduce the calories, fat and cholesterol (377, 7.7. g and 73 mg per serving, respectfully) of ground beef. But feel free to substitute any meat of your choice for the chicken.

Ingredients

- 12 oz ground chicken
- 1/4 cup finely chopped onion
- 2 tbsp ketchup
- 5 tbsp seasoned dry bread crumbs
- 1 egg
- pinch of salt and pepper
- 2 tsp vegetable oil
- 2 tsp finely chopped garlic
- 1/2 cup chopped onion
- 1/2 cup each diced red and green bell peppers
- 1 1/2 cups tomato juice
- 2 cups pineapple juice
- 1/2 cup sweet chili sauce
- 2 tbsp brown sugar
- 1 tbsp cornstarch
- 1 cup white rice
- 1 cup water
- 1/2 cup diced pineapple (fresh or canned)
- 3 tbsp chopped parsley

1. In bowl, combine chicken, onion, ketchup, bread crumbs, egg, salt, pepper; mix well. With wet hands, form meatballs, using 1 tbsp of mix for each. Place on a plate; set aside.

2. In saucepan, heat oil over medium heat. Add garlic and onion and cook just until softened, 3 mins. Add bell peppers and cook 4 mins. Add tomato and pineapple juices, chili sauce, brown sugar, cornstarch and meatballs. Cover, reduce heat, simmer 25 mins., or until meatballs cooked through.

3. Meanwhile, bring rice and water to boil; cover and simmer 10 mins. Remove from heat and let stand 10 mins, covered.

4. Serve meatballs and sauce over rice. Garnish with pineapple and parsley. **ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN**

Health Solutions

The frozen truth

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Weeknight meals during the chilly season need mindless nutrition.

There is no need to default to a ready-made lasagna when a quick frying pan full of high-nutrient food, that is also warming of the belly, is close at hand.

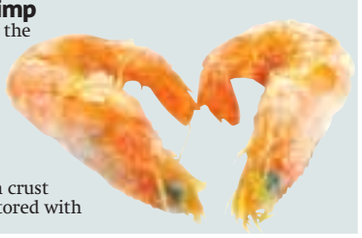
Here are the top items for your freezer if you want to get gourmet and healthy picks right out of the box.

1. Cookin' Greens

Cookin' Greens has a whole line of dark leafy greens ready to be stirred into a soup or pasta.

2. Frozen Shrimp

Frozen shrimp is the fastest cooking, exotic protein to go with your Caesar (salad or beverage).



3. Pizza

Whole grain thin crust pizza can be doctored with fresh herbs, spinach and pine nuts for fast deliciousness.

4. Edamame

Edamame is the perfect appetizer or snack. Steam and sprinkle with sea salt for a healthy yum.

5. Tortellini

Whole grain tortellini makes weeknight meals a snap. Just add salad.

There are foods in your freezer now that can make the difference between a messy meal and one that can help you fight off the next round flu. TV dinners don't have to be what they used to be — if you know where to look.

THERESA ALBERT IS AN AUTHOR AND NUTRITIONIST AROSEDALEWELLNESS.COM IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Mushroom Pot Stickers. Traditional dumplings

1. In frying pan, place oil. Over medium heat, sweat shallots and garlic until translucent; add mushrooms. Season with salt and pepper; cook until mix is dry, 7 mins. Remove from heat and let mushrooms cool.

2. In bowl, using back of fork, mash beans. Fold in ginger, scallions and cilantro; add rice vinegar, sesame oil. Season with salt and pepper. Once mushrooms cool, fold into bean mix.

3. Spoon 1 ml (1/4 tsp) almond butter onto dumpling wrapper. Top with 15 ml (1 tbsp) of mushroom filling. Wet edges with water, fold over one side and press edges closed. Wet crease with water and crimp edges to seal. Continue with remaining wrappers and filling.

4. Bring pot of lightly salted water to boil. Gently boil 12 pieces at a time, 3 minutes or until floating. Remove from water, pat dry and place in a hot frying pan with oil and fry on one side until golden brown, then turn over and fry other side to brown.

5. Garnish with black sesame seeds, thinly sliced scallions and ginger and drizzle with teriyaki sauce.

THE CANADIAN PRESS/ CHEF ANTHONY ROSE OF THE DRAKE HOTEL IN TORONTO FOR THE ALMOND BOARD OF CALIFORNIA

Ingredients

- 90 ml (6 tbsp) vegetable oil
- 5 shallots, diced
- 4 cloves garlic, diced
- 285 g (10 oz) shiitake mushroom caps, thinly sliced
- 250 ml (1 cup) canned black beans, rinsed
- 75 ml (5 tbsp) pickled ginger, sliced (reserve half for garnish)
- 8 scallions, sliced (reserve half for garnish)
- 30 ml (2 tbsp) chopped cilantro
- 30 ml (2 tbsp) rice wine vinegar
- 15 ml (1 tbsp) dark sesame oil
- Salt and pepper, to taste
- 50 ml (1/4 cup) almond butter, divided
- 1 pkg dumpling wrappers
- Black sesame seeds, garnish
- 125 ml (1/2 cup) teriyaki sauce

Kick up savoury Pork Spring Rolls with blueberry sauce

For a tasty snack or appetizer, try these baked pork spring rolls with tangy blueberry dipping sauce. If fresh blueberries aren't available, use frozen ones.

1. Heat oven to 180 C (350 F). Grease a 20-by-36-cm (8-by-14-inch) baking sheet with oil.

2. Thaw spring roll pastry sheets, keeping covered with a damp clean towel.

3. In a large bowl, mix ground pork, green onions, ginger, garlic, hoisin sauce, soy sauce, chili paste, rice vinegar, pepper and salt.

4. Lay a sheet of spring roll wrapper on a clean surface. Place 30 to 45 ml (2 to 3 tbsp) of the pork mixture on top third of the wrapper sheet and roll, folding the ends to form an 9-cm (3.5-inch) roll.

5. Place on oiled baking sheet, seam side down, and brush generously with grapeseed oil. Bake on oven's middle rack for 45 to 60 minutes until golden brown.

6. Remove from baking sheet immediately to avoid sticking. Serve with dipping sauce.

7. Blueberry Dipping Sauce: In a saucepan, bring blueberries, honey and chili paste to a simmer and cook for 10 to 15 minutes. Let mixture cool, then puree in a blender until smooth. Stir in lime juice and cilantro. **THE CANADIAN PRESS/ BC BLUEBERRIES**

Ingredients

- 500 g (1 lb) lean ground pork
- 50 ml (1/4 cup) sliced green onions
- 15 ml (1 tbsp) minced ginger
- 15 ml (1 tbsp) minced garlic
- 30 ml (2 tbsp) hoisin sauce
- 10 ml (2 tsp) soy sauce
- 5 ml (1 tsp) chili paste (such as Sambal Oelek)
- 5 ml (1 tsp) rice vinegar
- 5 ml (1 tsp) ground pepper
- 2 ml (1/2 tsp) salt
- 12 wheat-based spring roll pastry sheets (20 by 20 cm/8-by-8 inches), thawed
- 50 ml (1/4 cup) grapeseed oil

Dipping Sauce

- 250 ml (1 cup) blueberries, fresh or frozen
- 50 ml (1/4 cup) honey
- 15 ml (1 tbsp) chili paste
- 15 ml (1 tbsp) lime juice
- 15 ml (1 tbsp) chopped fresh cilantro

This recipe serves 12. THE CANADIAN PRESS H/O

Bonds put regular money in your pocket

Alison's Money Rule. Don't dismiss bonds; they add safety to your investment portfolio

YOUR MONEY
Alison Griffiths
money@metronews.ca

If you are looking for investing love today you'll find it in one word — yield. What's not to love about an investment that pays out regularly?

Before the current rock bottom interest rates became entrenched, government bonds provided a reasonable yield and ballast to your portfolio.

However, such investments are not much loved these days unless you choose those maturing in the far distant future.

You'll get a higher yield but it will be locked in. When interest rates finally rise your investment will be worth less. And your yield will be left behind as rates increase. So my advice is to choose short-term bonds for now.

One option is investment grade corporate bonds such as offered by the banks and other large, relatively stable corporations.

Your risk is not much more than government bonds but the yield will be higher, .50 per cent to 1.25 per cent on average.

The best way to buy such bonds is through exchange-traded funds (ETFs.) These are listed on the stock exchange just like a stock.

Because ETFs track an index and do no trading, the fees are tiny, far lower than charged by mutual funds. They also spread the risk among the pool of companies in the index.

You can purchase hybrid ETFs, which are a mix of government and corporate bonds. But with today's low interest rates most people, except for the extremely risk averse, are better off sticking with investment grade corporate bond ETFs.

Unlike buying individual bonds, which mature on a specific date, ETF's hold a basket of bonds and roll them over as each comes due. Look for average maturities of around six years or less.

Sometimes it's hard to tell whether an ETF has government or corporate bonds or both.

Click on the product list of the respective providers and go to fixed income. From there you can generally click on the bond ETF name and a summary will appear including management fee.

Look for the explanation of the index and there you will discover the content of the ETF.

Corporate bond ETF providers

- **BMO.** etfs.bmo.com
- **RBC.** funds.rbcgam.com/etfs
- **iShares.** ca.ishares.com/home.htm
- **Powershares.** invesco.ca
- **First Asset.** firstasset.com

Paying in cash

Sidestepping the taxman

FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

There are legitimate tax credits and benefits available if you are looking to save on taxes. ISTOCK IMAGES

I recently moved into an eight-year-old inner-city condo that I love. It's got beautiful views, in fantastic location and the perfect amount of space for my lifestyle. However, many of the features of my home needed to be upgraded when I took possession and so I embarked on a home renovation. I've focused on high-value aspects of the home such as the counter tops, sinks, faucets, glass for baths, appliances and removing a non-structural wall that was partially blocking my view of downtown.

On a few occasions throughout the three-month process, contractors quoted me prices in cash or cheque. Not surprisingly the cash quotes were significantly less.

This got me thinking about whether paying cash to sidestep the taxman is OK. Certainly it's more frugal to pay cash because you save big dollars *and* you avoid racking up your credit card. But, while paying cash can save you sales tax, there can be serious implications for not reporting income.

According to H&R Block's September 2012 survey, the majority of Canadians admit to paying cash to avoid sales taxes, but only 30 per cent feel that it's wrong to do so. Not surprisingly, younger cash-strapped respondents, aged 18 to 34, appear more eager to save through cash payments than older respondents.

If an individual or business is looking for ways to save on taxes, there are legitimate tax credits and benefits available to Canadians.

Businesses, for example, can receive credits for over 20 different types of expenses such as automobile, telephone, health-plan premiums, insurance, bad debts, advertising and much more. Check out how you or your business can save money on taxes through Revenue Canada's website cra.gc.ca/taxsavings.

If you, as an individual, need to save money on big-ticket items like renovations, try negotiating the price with the contractor by getting multiple quotes, work alongside labourers, source your own supplies and ask for discounts at every step of the process.

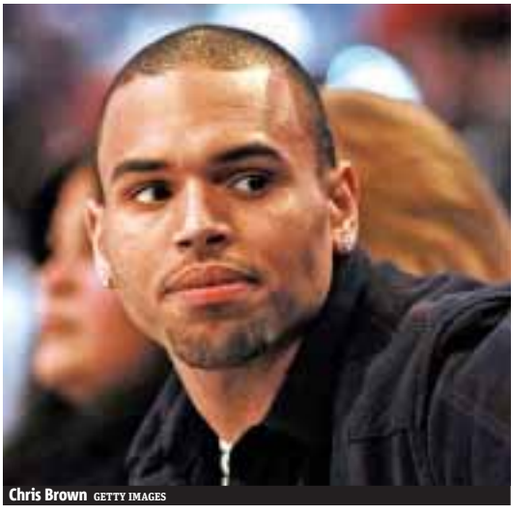
If you do have undeclared income, you can report it through Revenue Canada's Voluntary Disclosure Program. There are no penalties for declaring, but it doesn't exempt you from paying taxes or interest. Many contractors and restaurant workers declare income through this program.

Frugality shouldn't outweigh legality. Be financially resourceful when you're embarking on expensive projects and take advantage of legitimate tax savings.

Should Rihanna give violent 'love of her life' Brown a second chance?

Pair seen kissing in club. After all that's happened, Barbados pop songstress seems willing to let painful bygones be bygones

ROMINA MCGUINNESS
life@metronews.ca



Chris Brown GETTY IMAGES

Rihanna GETTY IMAGES

Last Monday night, former pop couple Chris Brown and Rihanna were spotted kissing and dirty dancing at a NYC club, fuelling speculation that the pair are rekindling their love life.

Rumours of reconciliation between Brown, 23, and Rihanna, 24, have been circling for months. Last February, Brown featured on Rihanna's remix of her song Birthday Cake as the Barbados songstress lent her vocals to Brown's remix of Turn up the Music.

In June, Brown was bottled during a nightclub fight allegedly involving Rihanna's ex boyfriend, Toronto rapper Drake.

But the biggest twist was Rihanna's emotional interview with Oprah Winfrey on Oprah's Next Chapter in August, when the pop star confessed Brown was the "love of her life" and that she'd forgiven him for his violent behaviour.

In 2009, Brown's then-girlfriend Rihanna was left hospitalized with visible facial wounds after Brown allegedly assaulted her.

The infamous incident caused massive public outrage, with fans urging Rihanna to stay away from her ex-boyfriend.

Meanwhile, Brown decided to set the record straight by releasing the following statement, much to the ire of his most recent love interest 23-year-old model Karrueche Tran: "I have decided to be single to focus on my career. I love Karrueche very much but I don't want to see her hurt over my friendship with Rihanna. I'd rather be single allowing us to both be happy in our lives."

Brown then posted a video on Twitter, The Real Chris Brown (http://vimeo.com/50805715) addressing the Chris-Rihanna-Karrueche love triangle. Speaking to the camera, he says: "When you share history with somebody then you tend to fall in love with somebody else, it's difficult. Is there such a thing as loving two people? I don't know if that is possible but I feel like that."

Can we love two people at the same time? Relationship expert David Sbarra has doubts.

"The neurobiology of love makes it quite difficult to be actively 'in love' with two people," Sbarra told Metro.

"When you're in love with someone, so much energy and mental space is devoted to that person, it's very hard to think about two people in this way."

Many people will question how Rihanna can ever forgive Brown for the assault. Sbarra believes, however, that such an incident is "like an old sports injury one can live with."

"The psychological pain of a romantic breakup is like a physical scar or an old sports injury. When it's not too intense, we can play the same sport again, but the injury is still quite raw. Yet over time, we can get to a place where we don't even notice that old injury or hurt."

Right now, Rihanna and Brown seem determined to give their relationship another go. And they're not seeking anyone's blessing.

4 SPORTS

NHL

Lockout talks to remain focused on secondary issues

The NHL and NHL Players' Association likely won't discuss economics when collective bargaining talks resume this week.

The sides have agreed to sit down together in New York on Wednesday and Thursday, but deputy commissioner Bill Daly said Monday that he expects the conversation to cover secondary issues, including "health and safety, medical care, drug testing, rent, and mortgage reimbursements (and) grievances."

Talks have been limited to ancillary topics since the lockout was enacted, including during two separate sessions last week.

THE CANADIAN PRESS

CFL

Blue Bombers stun Als in Montreal

Joey Elliott threw touchdown passes to Terrence Edwards, Chris Matthews and Rory Kohlert as the Winnipeg Blue Bombers downed the Montreal Alouettes 27-22 Monday for their first road win of the season.

Winnipeg (4-10), which has won twice in its last three games, saw Elliott amass more than 330 passing yards in relief of injured starter Buck Pierce. Justin Palardy added a pair of field goals. THE CANADIAN PRESS

Bo Bowling is pulled down by Winnipeg's Alex Suber on Monday. THE CANADIAN PRESS

Cardinals centre-fielder Jon Jay makes a catch on a ball hit by Washington's Danny Espinosa on Monday in St. Louis. DILIP VISHWANAT/GETTY IMAGES

Answering the call of fall in St. Louis

MLB. Cardinals show championship resolve in 'must-win game' against Nationals

Game 2

12	4
Cardinals	Nationals

Never count out the St. Louis Cardinals in October — especially after they lose a series opener.

Carlos Beltran hit the last two of the Cardinals' four homers and St. Louis chased an ineffective Jordan Zimmermann early in a 12-4 rout of the Washington Nationals on Monday that tied their NL division series at one game apiece.

"We know this offence has the potential to do this," Cardinals rookie manager Mike Matheny said. "It was nice to see this, and hopefully it becomes contagious and the guys just keep going."

Allen Craig and Daniel Descalso also went deep to help the defending World Series champions build a big lead that compensated for a two-inning start from an ailing Jaime Garcia. Craig hit his fifth career post-season homer and scored three times.

Ryan Zimmerman and Adam LaRoche hit consecutive homers in the fifth for the Nationals, who head home for the remainder of the best-of-five series. But the NL East champions are without all-star ace Stephen Strasburg, shut down for the rest of the season early last month to protect his surgically repaired arm.

Game 3 is Wednesday afternoon at Nationals Park. Edwin Jackson starts for Washington against longtime Cardinals ace Chris Carpenter, who made only three starts during the regular season because of injury.

"Today, for us, was a must-win game," Beltran said.

The Cardinals seem to live for those. They lost the division series and NLCS openers last fall, then finished strong in the World Series after spotting Texas a 3-2 lead.

So, they're on familiar ground.

"We knew how big this game was for us," centre-fielder Jon Jay said. "We've seen it all year — when we are able to do that, we are pretty dangerous."

Beltran homered twice in the post-season for the third time in his career, connecting in the sixth off Mike Gonzalez and eighth off Sean Burnett. Jay had two hits and three RBIs, plus an outstanding catch at the centre-field wall to deprive Danny Espinosa of extra bases in the sixth.

"One of the best catches I've seen. I think it's his best catch of the year," Matheny said. "He barely looked up as he was hitting the wall. Very impressive." THE ASSOCIATED PRESS

MLB. Leyland insists kiss wasn't meant as a dis

Ideally, Jim Leyland would have everybody hug it out and play ball.

With the Tigers leading the Oakland Athletics 2-0 and a win from advancing to the AL championship series, Leyland was trying to calm controversy caused by a kiss on Monday ahead of Tuesday's Game 3.

Leyland insists reliever Al Alburquerque meant no ill will toward the A's when he fielded Yoenis Cespedes' ninth-inning comebacker and quickly kissed the ball before throwing to first.

"It wasn't a smart thing to do, but I can honestly tell you that there is no way that Al Alburquerque or any members of the Detroit Tigers would ever do anything intentionally to offend another team," Leyland said. THE ASSOCIATED PRESS

Quoted

"I respect Cespedes and I didn't do it out of disrespect. I was just excited to get the out."

Tigers reliever Al Alburquerque on his now-infamous gesture towards Oakland's Yoenis Cespedes

MLB

Lincecum falls down depth chart in San Francisco

Left-hander Barry Zito will start Game 4 for the San Francisco Giants if they can extend their NL division series against the Cincinnati Reds.

Two-time Cy Young Award winner Tim Lincecum? He's staying in the bullpen. The Giants trail 2-0 in the best-of-five series. The Reds can finish it off Tuesday night when Homer Bailey goes against the Giants' Ryan Vogelsong (14-9). THE ASSOCIATED PRESS

NFL. Optimism surrounds concussed RG3 in D.C.

Robert Griffin III felt good enough to attend something called a Rookie Success Program meeting Monday morning and seemed, by all accounts, to be doing just fine on the day after suffering his first NFL concussion.

Griffin still has to complete the league's mandated return-to-play protocol before he's cleared for practice, but his Washington Redskins teammates and coach Mike Shanahan were optimistic the Heisman Trophy winner will be able to play in this week's game against the Minnesota Vikings.

"We should find out in the next few days exactly what happens," Shanahan said. THE ASSOCIATED PRESS

Trainers check Washington quarterback Robert Griffin III on Sunday. THE ASSOCIATED PRESS

Drug use is out of track: Sharpe

Post-Seoul. Former teammate of Ben Johnson feels no need to talk about enhancement drugs with young athletes he coaches

It was April 3, 1989, when sprinter Tony Sharpe climbed briskly onto the stand in a Toronto hearing room and swore to tell the truth.

And he did.

He told a federal commission looking into the use of drugs and banned substances in sports — the Dubin Inquiry — that he'd helped his disgraced teammate Ben Johnson smuggle steroids into a Guadeloupe training camp five years earlier.

He testified that Johnson — who had been stripped of his 100-metre Olympic gold medal the previous September after testing positive for the muscle-building drugs — had been a fellow long-term steroid user.

And he stated that there was little anyone could do to stop elite athletes from using banned substances in the future.

Tony Sharpe, a former teammate of Ben Johnson's and a bronze medalist in the 4x100 relay in the Los Angeles Olympics, is seen here on Sept. 25. Sharpe has had his right to federal sports funding restored 23 years after Canada's infamous doping scandal. Sharpe coaches kids at his Speed Academy Athletics Club in Pickering, Ont. STEVE RUSSELL/TORSTAR NEWS SERVICE

"I don't know what you could tell them (athletes) that would, you know, sway them away from it," said Sharpe, a former 100- and 200-metre Canadian champion.

Today, six summer Olympiads removed from the post-Seoul shambles, Sharpe says you don't have to tell them anything at all.

"I don't think that culture exists today in track-and-field," says the now coach, who recently had his lifetime ban from federal sports funding lifted by an arbitrator.

A mediator concluded July 30 that Sharpe had met virtually all the redemption criteria set out that would allow banned athletes to have federal funding strictures removed.

The decision could allow Sharpe — as his similarly reinstated former teammate Desai Williams has successfully done — to coach at the national team and Olympic levels.

Sharpe now coaches young track athletes at Pickering, Ont.'s Speed Academy Athletics Club, which he helped found in 2006.

He says the drug dimensions in track have changed so thoroughly that he feels no need to even bring up the subject with his young charges.

"It's not something that we have to be lecturing our kids about these days. Not my track kids.

"I have 40 or 50 kids in my club ... and I cannot even fathom the idea of them thinking of using any sort of performance-enhancing drugs." TORSTAR NEWS SERVICE

Quoted

"I just sense that the whole enhancement thing is gone. People are just working harder and smarter." Tony Sharpe, a former steroids user who now coaches kids at Speed Academy Athletics Club in Pickering, Ont.

2016

Bolt will seek 3-peat at Rio Games

Usain Bolt will be aiming for a three-peat of Olympic sprint titles in the 100 and 200 metres at the 2016 Rio de Janeiro Games, rather than trying a new event.

After Bolt, 26, became the first man to successfully defend both sprint titles at the London Olympics, he was coy about his prospects of competing in Rio and there was speculation he could switch to the long jump or 400 for a new challenge.

However, during a promotional visit to New Zealand on Monday, the self-declared "living legend" said that his plan for 2016 "is all about just going and defending my titles."

"I don't want to try any different events at Rio, because at Rio I will just defend my titles to show the world that there is a possibility that I can do it again," said Bolt, who won the 100- and 200-metres and helped Jamaica win the 4x100-metre relays at Beijing and London. THE ASSOCIATED PRESS

OFFICE MANAGER

Reporting to the Office & Sales Administration Manager, Western Canada, the right candidate will carry out a range of administrative and operational tasks related to the daily operations of the business in the Metro Regina operation. As well as provide operational and executive support to the Sales/General Manager, Metro Regina and any additional administrative support as directed.

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- Supervise the implementation of new office systems from various shared service departments
- Review and update health and safety policies; coordinate with JHSC
- Responsible for maintaining accurate staff lists and directories
- Answering telephones, call screening and forwarding
- Deal with complex queries and complaints, by email, phone and in person
- Advertising Sales Bookings using a computer
- Direct Sales Support
- Completion of numerous reports daily, weekly, and monthly, pertaining to the sales team

REQUIREMENTS OF THE POSITION:

- 2-3 years of demonstrated success in a similar role
- Great organizational and time management skills
- Outstanding communication skills
- Intermediate knowledge of Microsoft Office - Word, Excel & Outlook
- Attention to details and thoroughness in the execution of tasks
- Must be a team player with a great, and we mean great, sense of humor

Interested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than October 10, 2012. PLEASE QUOTE: "Office Manager - Regina" in the subject line. All submissions will be treated as confidential.

metro

Welker say Belichick remark was just 'a joke'

New England Patriots receiver Wes Welker said on Monday that he was only joking when he said that he enjoyed catching 13 passes against the Denver Broncos to "stick it" in coach Bill Belichick's face.

"It was a joke. I don't know what else to say about it," Welker said during a rare Monday appearance in the locker room during media availability. "Bill and I, whether y'all believe it or not, have a good relationship, and it was a joke and I'll make sure to keep that in-house going forward."

Welker caught more passes over the past five seasons than any other player in the NFL, leading the team to use the franchise tag on him in the off-season. He accepted the $9.5-million US contract that came with it rather than agree to a long-term deal that would have been more salary cap-friendly for the team.

Welker started the season opener but was targeted only five times, with three catches for 14 yards. He did not start the next game, giving way to longtime backup Julian Edelman and prompting speculation that Belichick was punishing him for the unsuccessful negotiations.

Wes Welker celebrates a first down against the Denver Broncos Sunday in Foxboro, Mass. GETTY IMAGES

Quoted

"Yeah, it's kind of nice to stick it in Bill's face once in a while."

Patriots receiver Wes Welker on his coach Bill Belichick Sunday with a wink of his right eye — in an interview with Comcast SportsNet

But Welker's production has been as good as ever since the opener, averaging just under nine catches and 118 yards receiving per game. On Sunday, he had 13 receptions for 104 yards and a touchdown.

Asked about the comment in his Monday news conference, Belichick said he hadn't seen it. When a reporter started to repeat Welker's comment, Belichick cut him off.

"You should ask him about it, then," he said. "What he meant by it, I don't know."

About 90 minutes later, Welker showed up at his locker; he usually speaks to the media on Fridays.

"You've just got to be careful with what you say," he said. "And Bill does a good job of challenging us and being a great coach and doing the things necessary that he needs to do. I made a joke about it, you know, won't happen again."

Asked if Belichick had spoken to him about the joke, Welker said, "Any discussions are between us and the team.

"But he talks to all the players, all the time," he said. "He's our coach."

Welker was benched for the first series of a 2011 playoff game against the Jets after making mocking references to foot-fetish reports involving New York coach Rex Ryan. THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
What can you do to make the world a better place? The Sun and Jupiter will put you in a position where you can make it happen today. But you must avoid negative thinking. See only the best in people.

♉ Taurus
April 21 - May 21
Don't waste time on negative individuals who don't see life through your rose-tinted spectacles. You were born to take risks and you were born to have fun, so what are you waiting for? Go for it, Taurus!

♊ Gemini
May 22 - June 21
If others get the idea that you are about to make changes, they might use it as an excuse to make changes of their own — and they may not be to your liking. Why not just leave things as they are?

♋ Cancer
June 22 - July 23
Don't follow the herd: Go your own way, do your own thing and don't worry if you seem to be the only one who believes certain things. It just means you are the only one who is right!

♌ Leo
July 24 - Aug. 23
Your powers of persuasion will convince everyone that you know what you are doing and that you can be trusted. Hopefully it is true but even if it is not, you will have a great excuse ready to deflect any criticism.

♍ Virgo
Aug. 24 - Sept. 23
You can, if you wish, change your ways but don't lose sight of who you really are. Whatever changes you make, you will still be the same person you have always been — and you should be proud of that.

♎ Libra
Sept. 24 - Oct. 23
Take the most direct route to wherever it is you want to go. Both at home and at work you will enjoy yourself more today if you don't make life too complicated for yourself.

♏ Scorpio
Oct. 24 - Nov. 22
Even if you are the kind of Scorpio who thinks carefully and slowly about everything, you will still come up with some wonderful ideas today. Make sure they are ideas that can be exploited for your own benefit.

♐ Sagittarius
Nov. 23 - Dec. 21
You will learn something new about a friend today — something you would not have guessed in a million years. It only goes to show that everyone has secrets. Be careful, you don't let your own secrets show!

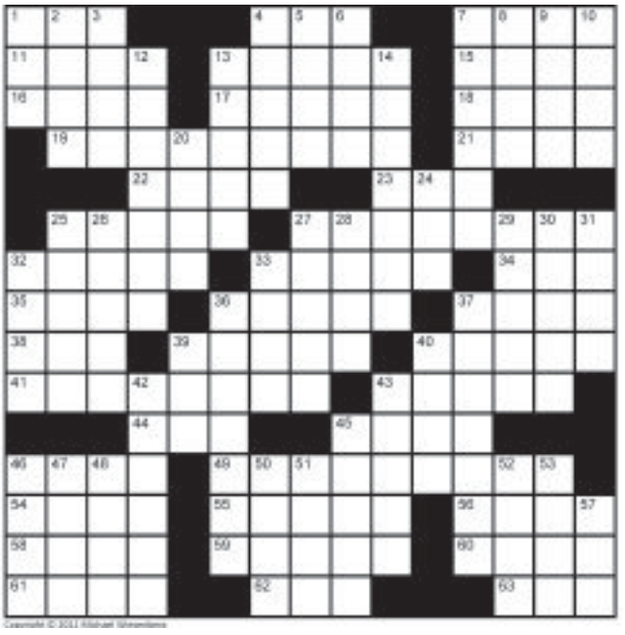
♑ Capricorn
Dec. 22 - Jan. 20
You can increase your chances of success and happiness today simply by finding the courage to take some kind of risk. Don't worry that it might go wrong. Even if it does, good will still come of it.

♒ Aquarius
Jan. 21 - Feb. 19
Take a more relaxed approach to life today, especially on the work front where you have gone about as far as you can by effort alone. You won't solve problems just by throwing yourself at them.

♓ Pisces
Feb. 20 - March 20
Your heart is beating faster and your pulse is pumping like it knows something good is about to happen. And it is. The planets will bring you a surprise today that you'll enjoy.
SALLY BROMPTON

Provinces, Cinemas, Water, and a PM

BY MICHAEL WIESENBERG



Across
1. ___ la la
4. Bond creator Fleming
7. Unwanted email
11. Accelerator particles
13. Finished
15. Mexican restaurant fare
16. Construct
17. Charming and confident
18. National police
19. Provincial grouping, with "the"
21. "Vous ___ ici": French shopping mall map indication
22. Ready: Fr.
23. That girl
25. Gossamer
27. Cinemas
32. Light-colored, as hair
33. Judge's domain
34. Galena or cinnabar
35. Where Ontario, Québec, and the Maritimes are located
36. "Water Lilies" painter Claude
37. Raymond ___: New Westminster, BC-born Perry Mason portrayer
38. Adam's mate
39. Acts gloomy
40. *Aladdin* character voiced by Robin Williams
41. One of Winnipeg's main waterways (2 wds.)
43. Gives money (to)
44. Cherry tree chopper
45. Result of 43-Across
46. Russian leader before 1917
49. See 43-Down (2 wds.)
54. Ireland, to its natives
55. Teheran resident
56. Slave away
58. Summer drinks
59. Appellations
60. Ripped
61. Chair or bench
62. "N'est ce ___?": "Isn't that so?"
63. Flanders of The Simpsons

Down
1. ___ Horton's
2. Wander
3. Ottawa-born My Way singer-composer Paul
4. Some Yukon natives
5. Eve's mate
6. Guelph, Ontario-born *Scream* star Campbell
7. *Sesame* ___: kids' educational show
8. Agreement
9. #1 position
10. Spill cleaners
12. Biblical tempter of 38-Across
13. "Poly" add-on
14. Baked Alaska or baklava
20. Angered
24. Medicine ___, AB
25. NWT's Great ___ Lake
26. ___ down: washed, as a driveway
27. Printer need
28. Tints
29. ___ of golf: 18 holes, say
30. "To ___ human, to forgive divine" (2 wds.)
31. Devoid of moisture
32. Molson's, say
33. Contend with difficulties
36. Takes residence (2 wds.)
37. R.B. ___: 11th Prime Minister (1930-35)
39. Blend together
40. Sport needs
42. Hardest to come by
43. With 49-Across, 12th Prime Minister (1948-57)
45. Country roads
46. Afternoon cupfuls
47. Coleslaw or fries, say
48. Acreage
50. Canadian Open hazard
51. Dalai ___: chief Tibetan monk
52. Midday
53. Exhaust
57. ___ Zeppelin of rock

Friday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

4					1			
2				3		7	5	
9		8			6			
7	6	2				8		
3								9
		9				6	4	1
			7			5		3
	9	3		5				7
			9					2

Friday's Sudoku

Today
7°/-4°
Variable
Wednesday
5°/-6°
1-3cm of snow
90%
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